

Frozen Caramel Espresso

Ingredients

- 2 cups (260g) ice cubes
- ¼ cup (40g) chocolate milk powder
- ¼ cup (60ml) caramel sauce
- ½ cup (120ml) coffee, chilled
- 1 cup (240ml) milk

Directions

1. Place all ingredients into an appropriately sized container.
2. Submerge the immersion blender below the surface of the liquid, or as close to the ingredients as possible.
3. Start the blender on its lowest speed, then quickly increase to its highest speed. Move the immersion blender around, including up and down, to blend the ingredients for approximately 1 minute or until desired consistency is achieved.
4. Prepare a glass coffee mug by drizzling caramel down the insides. Pour beverage into glass and top with whipped cream and caramel if desired.

Frozen Whiskey Sour

Ingredients

- 2 ½ cups (325g) ice cubes
- ½ lemon, peeled
- ¼ orange, peeled
- 1 tbsp. maraschino cherry juice
- ½ cup (120ml) bourbon

Directions

1. Place all ingredients into an appropriately sized container. Submerge the immersion blender below the surface of the liquid, or as close to the ingredients as possible.
2. Start the blender on its lowest speed, then quickly increase to its highest speed. Move the immersion blender around, including up and down, to blend the ingredients for approximately 1 minute or until desired consistency is achieved.

Homemade Hummus

Ingredients

- 1 ½ cans (23 ¼ oz. or 658g) chickpeas, drained, liquid reserved
- 2 cloves garlic (peeled)
- ¼ cup (60ml) lemon juice
- 3 tbsp. extra virgin olive oil
- 1/3 cup (80ml) tahini
- 1/3 cup (80ml) reserved chickpea liquid
- 1 tsp. kosher salt
- Cumin, to taste
- Paprika, to taste

Directions

1. Place all ingredients into an appropriately sized container. Submerge the immersion blender below the surface of the liquid, or as close to the ingredients as possible.
2. Start the blender on its lowest speed, then quickly increase to its highest speed. Move the immersion blender around, including up and down, to blend the ingredients for approximately 1 minute or until desired consistency is achieved.

Mango Lime Slushy

Ingredients

- 1½ cup (195 g) ice cubes, plus additional as needed for serving
- ¾ cup (120 g) mango chunks
- 1 lime, peeled
- 1 cup (240 ml) coconut water
- 4 fresh mint leaves, or basil leaves, optional

Directions

1. Place all ingredients into an appropriately sized container in the order listed. Submerge the immersion blender below the surface of the liquid, or as close to the ingredients as possible.
2. Start the blender on its lowest speed, then quickly increase to its highest speed. Move the immersion blender around, including up and down, to blend the ingredients for approximately 90 seconds or until desired consistency is achieved.

Chef's Notes

Adding fresh mint or basil leaves gives this light drink an extra refreshing touch.

Mango Strawberry Smoothie (Frozen)

Ingredients

- 1 (120 g) medium orange, peeled, quartered
- 2 slices (160 g) pineapple, peeled, with core
- 1 cup (165 g) frozen strawberries, stemmed
- 1 cup (175 g) frozen mango chunks

Directions

1. Place all ingredients into an appropriately sized container. Submerge the immersion blender below the surface of the liquid, or as close to the ingredients as possible.
2. Start the blender on its lowest speed, then quickly increase to its highest speed. Move the immersion blender around, including up and down, to blend the ingredients for approximately 1 minute or until desired consistency is achieved.

Chef's Notes

This smoothie fits and blends well in a 1 quart (4 cup) wide mouth glass mason jar.

Mixed Berry Ice Cream

Ingredients

- 1 ¼ cups (200g) frozen mixed berries
- 1 tbsp. powdered sugar
- 1 cup (240ml) heavy whipping cream

Directions

1. Let berries warm up at room temperature for approximately 5 minutes.
2. Place berries, sugar, and cream into an appropriately sized container.
3. Submerge the immersion blender below the surface of the liquid, or as close to the ingredients as possible.
4. Start the blender on its lowest speed, then quickly increase to its highest speed. Move the immersion blender around, including up and down, to blend the ingredients for approximately 1 minute or until desired consistency is achieved.

Oil-Free Avocado Dressing

Ingredients

- 1 (140 g) medium avocado, peeled, pitted
- ¼ cup (60 ml) white wine vinegar
- 1 Tablespoon whole grain mustard
- ½ cup (120 ml) almond milk, or milk alternative
- ½ lemon, peeled
- 4 stalk fresh chives
- 1 Tablespoon honey, optional
- salt and pepper, to taste

Directions

1. Place all ingredients into an appropriately sized container in the order listed.
2. Submerge the immersion blender below the surface of the liquid, or as close to the ingredients as possible.
3. Start the blender on its lowest speed, then quickly increase to its highest speed. Move the immersion blender around, including up and down, to blend the ingredients for approximately 45 seconds or until desired consistency is achieved. Serve immediately, or store in the refrigerator in an airtight container for up to 3-5 days.

Chef's Notes

A good quality vinegar and fresh chives make all the difference in this dressing.

Orange Mango Slushy

Ingredients

- 2 cups (300g) ice
- 1 cup (175g) fresh mango chunks, peeled
- 1 orange, peeled
- sweetener (optional)

Directions

1. Place ingredients into an appropriate size container.
2. Place the immersion blender blades on top of the ingredients, pressing down slightly.
3. Select Variable 1, start the unit and increase to Variable 5 moving around, including up and down, to chop the ingredients.
4. Blend for about 45 seconds or until desired consistency is achieved.

Pumpkin Spice Latte

Ingredients

- ¾ cup (180ml) milk, hot
- 2 tbsp. pumpkin puree
- 1 tbsp. granulated sugar
- ¼ tsp. vanilla extract
- ¼ tsp. pumpkin pie spice
- 1 cup coffee, hot

Directions

1. Add all ingredients except for coffee into an appropriately sized container.
2. Submerge the immersion blender below the surface of the liquid, or as close to the ingredients as possible.
3. Start the blender on its lowest speed, then quickly increase to its highest speed. Move the immersion blender around, including up and down, to blend the ingredients for approximately 30 seconds.
4. Pour blended beverage into a glass coffee cup, then add the hot coffee. Top with whipped cream if desired.

Whipped Cream

Ingredients

- 1 cup (240ml) heavy whipping cream
- Fruit tarts or bowl of fresh fruit, to serve

Directions

1. Place heavy whipping cream into an appropriately sized container.
2. Submerge the immersion blender below the surface of the liquid.
3. Start the blender on its lowest speed, then quickly increase to its highest speed. Move the immersion blender around, including up and down, to blend the ingredients for approximately 1 minute or until desired consistency is achieved.
4. Top fruit tarts with fresh whipped cream, or serve with fresh fruit.

Strawberry Lime Slushy

Ingredients

- 2 cups (300g) ice
- ¼ lime, peeled
- 1 ½ cups (225g) strawberries, tops removed
- ½ cup (120ml) water
- sweetener (optional)

Directions

1. Place ingredients into an appropriate size container.
2. Place the immersion blender blades on top of the ingredients, pressing down slightly.
3. Select Variable 1, start the unit and increase to Variable 5 moving around, including up and down, to chop the ingredients.
4. Blend for about 45 seconds or until desired consistency is achieved.